

## Statistics Report 01256, Yogurt, Greek, plain, nonfat

Report Date: September 22, 2015 11:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <sup>1</sup>	g	85.10	--	0.059	84.32	85.66	9.0	84.965	85.233	1	Analytical or derived from analytical	--	08/2012
Energy	kcal	59	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Energy	kJ	246	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Protein <sup>1</sup>	g	10.19	--	0.179	8.87	11.74	5.0	9.74	10.643	1	Analytical or derived from analytical	--	08/2012
Total lipid (fat) <sup>1</sup>	g	0.39	--	0.032	0.23	0.61	7.0	0.314	0.466	1	Analytical or derived from analytical	--	08/2012
Ash <sup>1</sup>	g	0.72	--	0.010	0.64	0.78	10.0	0.697	0.74	1	Analytical or derived from analytical	--	08/2012
Carbohydrate, by difference	g	3.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2012
Sugars, total <sup>1</sup>	g	3.24	--	--	3.2	3.3	--	--	--	1	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a>	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Glucose (dextrose) <a href="#">1</a>	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Fructose <a href="#">1</a>	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Lactose <a href="#">1</a>	g	2.54	--	--	2.5	2.6	--	--	--	1	Analytical or derived from analytical	--	08/2012
Maltose <a href="#">1</a>	g	0.00	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Galactose <a href="#">1</a>	g	0.70	--	--	0.7	0.7	--	--	--	1	Analytical or derived from analytical	--	08/2012
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	110	--	0.351	108	115	7.0	109.361	111.042	1	Analytical or derived from analytical	--	08/2012
Iron, Fe <a href="#">1</a>	mg	0.07	--	0.003	0.04	0.11	14.0	0.065	0.077	1	Analytical or derived from analytical	--	08/2012
Magnesium, Mg <a href="#">1</a>	mg	11	--	0.056	10	12	7.0	10.51	10.774	1	Analytical or derived from analytical	--	02/2012
Phosphorus, P <a href="#">1</a>	mg	135	--	0.535	130	142	8.0	133.493	135.949	1	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K <a href="#">1</a>	mg	141	--	0.514	132	145	14.0	140.019	142.22	1	Analytical or derived from analytical	--	08/2012
Sodium, Na <a href="#">1</a>	mg	36	--	0.321	33	39	15.0	34.851	36.22	1	Analytical or derived from analytical	--	08/2012
Zinc, Zn <a href="#">1</a>	mg	0.52	--	0.004	0.49	0.6	7.0	0.507	0.525	1	Analytical or derived from analytical	--	08/2012
Copper, Cu <a href="#">1</a>	mg	0.017	--	0.000	0.02	0.02	6.0	0.016	0.017	1	Analytical or derived from analytical	--	08/2012
Manganese, Mn <a href="#">1</a>	mg	0.009	--	0.000	0	0.02	7.0	0.008	0.01	1	Analytical or derived from analytical	--	08/2012
Selenium, Se <a href="#">1</a>	µg	9.7	--	0.118	9.3	10.2	2.0	9.232	10.206	1	Analytical or derived from analytical	--	08/2012
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	02/2012
Thiamin <a href="#">1</a>	mg	0.023	--	0.002	0.02	0.03	2.0	0.016	0.03	1	Analytical or derived from analytical	--	08/2012
Riboflavin <a href="#">1</a>	mg	0.278	--	0.007	0.25	0.3	2.0	0.251	0.304	1	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin <a href="#">1</a>	mg	0.208	--	0.006	0.19	0.23	3.0	0.19	0.227	1	Analytical or derived from analytical	--	08/2012
Pantothenic acid <a href="#">1</a>	mg	0.331	--	0.001	0.33	0.34	1.0	0.316	0.347	1	Analytical or derived from analytical	--	08/2012
Vitamin B-6 <a href="#">1</a>	mg	0.063	--	0.001	0.06	0.07	3.0	0.061	0.065	1	Analytical or derived from analytical	--	08/2012
Folate, total	µg	7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01118	02/2012
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2012
Folate, food	µg	7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2012
Folate, DFE	µg	7	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Choline, total <a href="#">1</a>	mg	15.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2013
Betaine <a href="#">1</a>	mg	0.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2013
Vitamin B-12 <a href="#">1</a>	µg	0.75	--	0.009	0.36	0.97	5.0	0.726	0.777	1	Analytical or derived from analytical	--	08/2012
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/2012

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE	µg	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Retinol <sup>1</sup>	µg	1	--	--	0	2	--	--	--	1	Analytical or derived from analytical	--	08/2012
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2012
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2012
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2012
Vitamin A, IU	IU	4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2012
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2012
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	0.01	--	0.000	0.01	0.01	6.0	0.01	0.012	1	Analytical or derived from analytical	--	08/2012
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/2012
Tocopherol, beta <sup>1</sup>	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Tocopherol, gamma <sup>1</sup>	mg	0.00	--	0.001	0	0	2.0	-0.003	0.004	1	Analytical or derived from analytical	--	08/2012
Tocopherol, delta <sup>1</sup>	mg	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Vitamin D2 (ergocalciferol) <sup>1</sup>	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Vitamin D3 (cholecalciferol) <sup>1</sup>	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Vitamin D <sup>1</sup>	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Vitamin K (phylloquinone) <sup>1</sup>	µg	0.0	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2013
<b>Lipids</b>													
Fatty acids, total saturated	g	0.117	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
4:0 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
6:0 <sup>1</sup>	g	0.003	--	0.000	0	0	4.0	0.002	0.003	1	Analytical or derived from analytical	--	08/2012
8:0 <sup>1</sup>	g	0.004	--	0.000	0	0	4.0	0.004	0.005	1	Analytical or derived from analytical	--	08/2012
10:0 <sup>1</sup>	g	0.013	--	0.001	0.01	0.02	3.0	0.011	0.015	1	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0 <a href="#">1</a>	g	0.006	--	0.000	0	0.01	4.0	0.006	0.007	1	Analytical or derived from analytical	--	08/2012
14:0 <a href="#">1</a>	g	0.015	--	0.000	0.01	0.02	5.0	0.014	0.017	1	Analytical or derived from analytical	--	08/2012
15:0 <a href="#">1</a>	g	0.003	--	0.000	0	0	4.0	0.003	0.004	1	Analytical or derived from analytical	--	08/2012
16:0 <a href="#">1</a>	g	0.049	--	0.002	0.03	0.06	6.0	0.045	0.053	1	Analytical or derived from analytical	--	08/2012
17:0 <a href="#">1</a>	g	0.003	--	0.000	0	0	3.0	0.002	0.004	1	Analytical or derived from analytical	--	08/2012
18:0 <a href="#">1</a>	g	0.021	--	0.001	0.02	0.02	5.0	0.019	0.022	1	Analytical or derived from analytical	--	08/2012
20:0 <a href="#">1</a>	g	0.000	--	0.000	0	0	2.0	-0.001	0.001	1	Analytical or derived from analytical	--	08/2012
22:0 <a href="#">1</a>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
24:0 <a href="#">1</a>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Fatty acids, total monounsaturated	g	0.053	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:1 <a href="#">1</a>	g	0.001	--	0.000	0	0	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	08/2012
15:1 <a href="#">1</a>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
16:1 undifferentiated <a href="#">1</a>	g	0.002	--	0.000	0	0	5.0	0.001	0.004	1	Analytical or derived from analytical	--	08/2012
16:1 c <a href="#">1</a>	g	0.002	--	0.000	0	0	4.0	0.001	0.003	1	Analytical or derived from analytical	--	08/2012
16:1 t <a href="#">1</a>	g	0.000	--	0.000	0	0	2.0	-0.001	0.001	1	Analytical or derived from analytical	--	08/2012
17:1 <a href="#">1</a>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
18:1 undifferentiated <a href="#">1</a>	g	0.049	--	0.001	0.03	0.06	5.0	0.045	0.052	1	Analytical or derived from analytical	--	08/2012
18:1 c <a href="#">1</a>	g	0.043	--	0.001	0.03	0.05	4.0	0.04	0.046	1	Analytical or derived from analytical	--	08/2012
18:1 t <a href="#">1</a>	g	0.006	--	0.001	0	0.01	2.0	0.003	0.008	1	Analytical or derived from analytical	--	08/2012
20:1 <a href="#">1</a>	g	0.002	--	0.001	0	0	2.0	--	0.004	1	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
22:1 c <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
22:1 t <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
24:1 c <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
Fatty acids, total polyunsaturated	g	0.012	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
18:2 undifferentiated <sup>1</sup>	g	0.010	--	0.001	0.01	0.02	4.0	0.008	0.013	1	Analytical or derived from analytical	--	08/2012
18:2 n-6 c,c <sup>1</sup>	g	0.010	--	0.001	0.01	0.02	4.0	0.008	0.013	1	Analytical or derived from analytical	--	08/2012
18:2 CLAs <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
18:2 t not further defined <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
18:3 undifferentiated <sup>1</sup>	g	0.001	--	0.001	0	0	2.0	-0.001	0.003	1	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.001	--	0.001	0	0	2.0	-0.001	0.003	1	Analytical or derived from analytical	--	08/2012
18:3 n-6 c,c,c <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
18:3i <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
18:4 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
20:2 n-6 c,c <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
20:3 undifferentiated <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
20:3 n-6 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
20:4 undifferentiated <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
22:4 <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA) <sup>1</sup>	g	0.000	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	08/2012
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	--	0.000	0	0	2.0	-0.001	0.001	1	Analytical or derived from analytical	--	08/2012
Fatty acids, total trans	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Fatty acids, total trans-monoenoic	g	0.006	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Cholesterol <sup>1</sup>	mg	5	--	0.050	5	6	4.0	4.985	5.261	1	Analytical or derived from analytical	--	08/2012
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2012
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2012
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/2012

## Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 16g, 2012 Beltsville MD